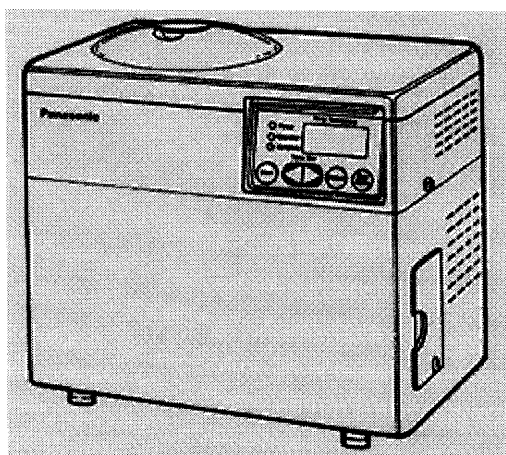


Panasonic

Bread Bakery™

Automatic Bread Maker
SD-BT2P

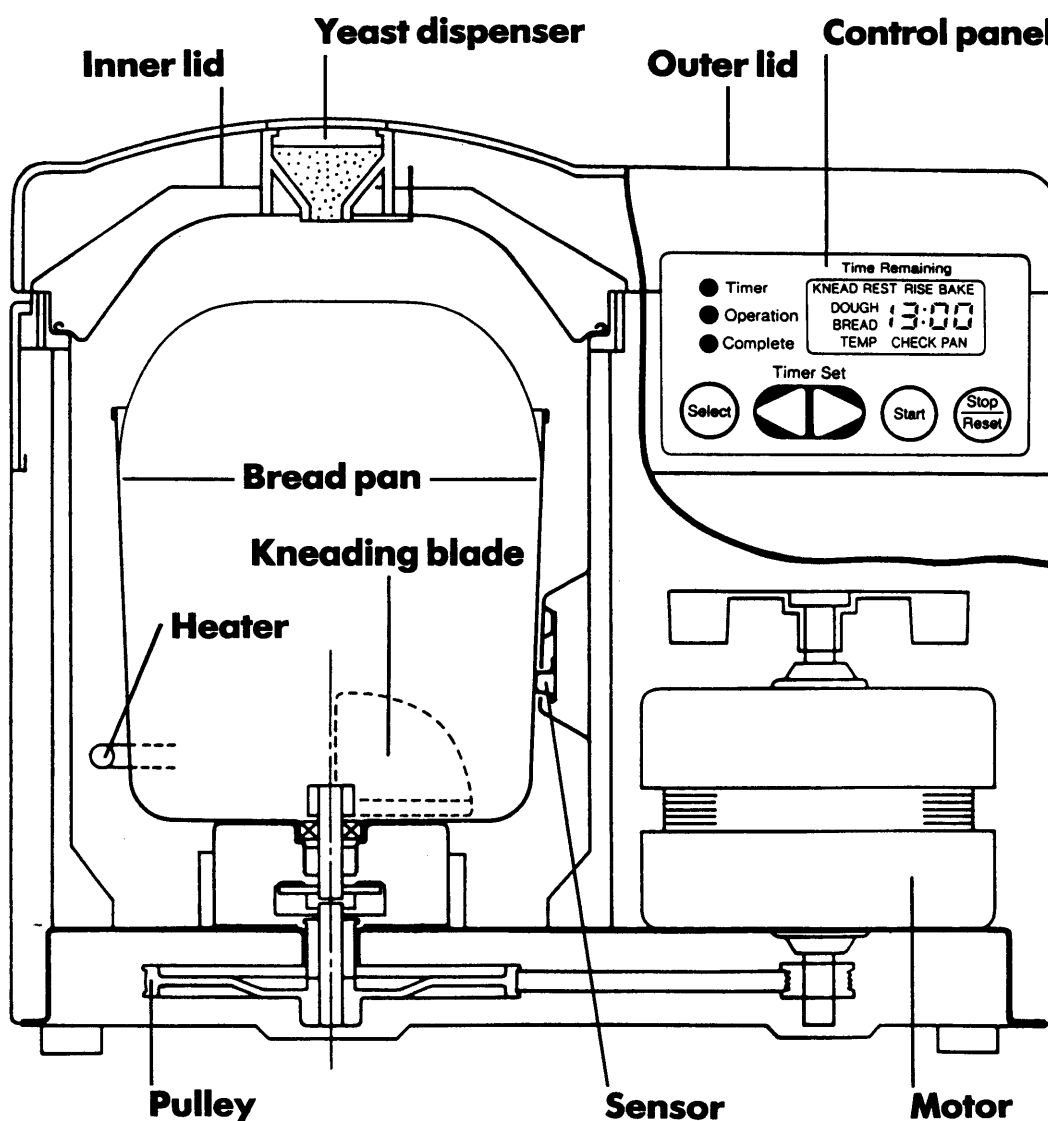
Cook Book Operating Instructions



CONSTRUCTION OF THE AUTOMATIC BREAD MAKER

Notes on Operation

- ★ The Automatic Bread Maker will not operate unless the bread pan is securely locked in position.
- ★ The kneading blade must be firmly locked in position before commencing operation. Blade should lie flat at start of operation. After each operation is complete, remove blade and wash carefully to remove any traces of dough/crust before re-using.
- ★ For notes on use of the control panel see over and refer to Operating Instructions.



STEP BY STEP – HOW TO USE

- Weigh flour carefully and add to the pan with all other ingredients, including the measure of yeast.

NOTE : Don't put the yeast in the dispenser in the lid. (No longer used for NZ yeast)

- Place bread pan into the oven area and press down until the pan clicks. Fold down the handle.
- Press START and the Breadmaker selects 4 hour program.

or

- For the TIME DELAY function.

Press the left hand Timer Set pad once and 13 hours will be automatically selected. For shorter time periods, keep the finger on the pad to count down in 10 min intervals.

- Press START

- For Dough function.

Press the Select Pad until DOUGH appears. 1 hour, 55 mins is automatically selected.

- Press START

Contents

	PAGE
INTRODUCTION.....	4
THE ROLE OF INGREDIENTS IN BREAD MAKING...	5-6
RECIPES	7-11
Index.....	12

INTRODUCTION

This new supplementary cookbook is especially designed for your Bread Bakery.

It includes new recipes, as well as some modified and improved recipes from the previous cookbook.

Please use this cookbook instead of the books supplied with your Bread Bakery.

Bread should be included as part of our daily diet - it provides carbohydrates plus protein, B vitamins and minerals.

The Panasonic Bread Bakery makes bread baking simple, follow the recipes carefully - ensuring that all ingredients are precisely measured and good quality breads and rolls will be produced.

Use the measurements below as a guideline - all ingredients have been measured using standard metric cups and measuring spoons except for flour which has been weighed for accuracy as different flours, stored under different conditions tend to weigh differently.

Do not leave any part of the bread pan immersed in water. Promptly hand wash all parts of the bread pan and wipe dry. Long soaking of the bread pan may result in damage to the shaft bearing assembly.

Liquid Ingredients

1 t = 5 mls

1 T = 15 mls = 3 t

1 d = 10 mls = 2 t

1 c = 250 mls

1/2 c = 125 mls

Dry Ingredients

1 c flour = 150 grams (approx)

The Role of Ingredients in Bread Making

The ingredients used in bread baking all play an important part in the quality of the bread produced.

Below we briefly discuss the role that each ingredient plays in the bread baking process. It is important to follow the recipes and weigh or measure carefully to ensure the correct balance of ingredients for successful bread baking.

FLOUR

Most bread is made from wheat flour. The quantity and quality of the gluten forming proteins in the flour determines its suitability for good bread making.

High grade flours have a consistently higher protein content than some of the lower grades available and these will generally give a more successful result.

If lower grade flours are used, the addition of 1 tablespoon of gluten flour will improve performance.

All flour starts off as brown flour and is milled and refined until it becomes white.

In wholemeal flour, the wheat grain has not been removed so breads made with wholemeal flour have a coarser more crumbly texture.

Breads made with wholemeal flour only will have a reduced volume due to the reduced availability of gluten forming proteins. To enhance the volume in these loaves a proportion of white flour can be used and additional gluten flour may also give improved results.

Flours milled from cereals such as oats, rice, barley and rye contain little or no gluten. Therefore these loaves have a low rise and a dense structure.

Panasonic recommend the use of HIGH GRADE FLOUR.

SUGAR

Sugar used in bread making comes in a variety of forms - these include white sugar, brown

sugar, molasses, treacle, honey and golden syrup.

Sugar in some form is essential in all breads as sugar provides food for yeast - it helps the yeast to begin to ferment and then promotes continued yeast action.

Sugar also provides sweetness and aids browning during baking.

Artificial sweeteners cannot be successfully used as a substitute for sugar - they do not provide the carbohydrates required for fermentation.

SALT

Salt is very important in bread making as it gives the bread a more even texture.

It also controls the action of the yeast by inhibiting enzyme activity, thus controlling the amount of carbon dioxide produced. Bread with reduced salt will have a weak gluten structure and a more open texture, too much salt inhibits fermentation.

Salt also contributes to the flavour.

FATS

The main purpose of fats in bread baking is to tenderise and soften the bread and to enhance the flavour and richness. Although the addition of fat is not essential, breads made without fat will have less flavour and will not keep as well.

The best flavour is achieved when butter is used - it should be softened to help mixing.

Other fats can be used. These include vegetable oil, margarine or shortening. Remember that these may alter the flavour and texture.

LIQUIDS

Liquids are important in bread baking, a small change in the quantity may affect the height and the texture of the bread.

Liquid is needed to form the bread's gluten framework.

Too much will cause the dough to collapse, too little prevents the gluten from stretching enough.

Liquid temperature is important - generally a tepid liquid - one that feels neither hot nor cold, is best.

If a recipe specifies water only - part of this may be replaced with fresh milk but remember that this will affect the fat content of the bread.

Fresh milk is not suitable if time delay is being used.

MILK AND MILK PRODUCTS

These enhance the flavour and help increase the nutritional value of the bread. The recipes included in this book use dry milk because it is convenient to use.

If fresh milk is used, reduce the quantity of water by the same amount.

Fresh milk is not suitable if time delay is being used.

ASCORBIC ACID - VITAMIN C

Is a bread improver which helps to overcome some of the problems that arise due to the variable quality of New Zealand flour. It acts by promoting the formation of a stable gluten framework, and helps produce a softer, finer textured loaf.

It is available from chemist shops and some grocery stores in the following forms:

- powder
- crystalline granules
- tablets

Use 1/4t powder or granules per load of bread or batch of bread rolls.

YEAST

Yeast is a form of plant life - it will grow and multiply when the conditions are favourable.

In bread baking the yeast ferments the sugar and forms a gas (carbon dioxide).

This gas causes the dough to rise, the fermentation softens the gluten, and makes it elastic.

Kneading then develops this softened gluten and spreads the gas cells evenly through the dough to give a fine textured product.

When bread is baked, the initial heat increases the yeast action - the gas cells expand and the loaf rises. The yeast is killed and the loaf cooks to have a crisp brown crust and a soft moist even crumb.

Yeast in the following forms can be used in the bread bakery:

- Active Dry Yeast - yellow lid
- Surebake Yeast - red lid

Surebake is active yeast mixed with additives to enhance the action of the yeast - these additives include wheat flour, baking fats (to strengthen the gluten and improve texture), calcium carbonate, ascorbic acid and potassium bromate.

These additives accelerate the strengthening of the gluten. Generally when using Surebake, there will be no need to add extra ascorbic acid. Gluten flour will only be needed when using grains with a low gluten such as oats, rice, barley and rye.

Surebake is added to the bread pan with all other ingredients at the beginning of the process.

Granulated yeast is also placed in the pan directly.

Yeast should be refrigerated for storage - watch use by dates! A temperature of 30-35°C provides the best conditions for rising of yeast products.

Important

- When using time delay, remember to reduce the quantity of yeast being used by 1/2 teaspoon.
- Place yeast in bread pan before all other ingredients, this gives more consistent results.
- Do not use compressed yeast or dry yeast that requires preliminary fermentation.
- Do not dissolve yeast in warm water before use.

White Bread

2 t	Surebake yeast
300 g	white flour
1 t	sugar
1 t	salt
1 T	milk powder
1 T	butter / margarine
220 ml	water

- Remove the bread pan from the Bread Bakery.
- Mount the kneading blade on the shaft.
- Place the yeast in the bread pan - best results are achieved if yeast is added before the other ingredients.
- Add the flour and all dry ingredients.
- Pour the water into the bread pan.
- Place the bread pan inside the Bread Bakery.
- Select required programme. Bread four hours or delay start.

Use these instruction to make all the breads in this booklet. Refer to pages 9-11 for Dough recipes and instructions.

Spicy Cheese Bread

2 t	Surebake yeast
300 g	white flour
2 t	sugar
1 T	milk powder
1 t	salt
1 T	butter
1 t	dry mustard
1/4 t	black pepper
1 T	worcestershire sauce
1/2 c	finely grated cheese
200 ml	water

Whole Wheat Date and Nut Bread

2 t	Surebake yeast
300 g	wholemeal flour
1 t	salt
1 T	butter
1/3 c	dates, chopped
1/4 c	pecans or walnuts, chopped
1 T	milk powder
230 ml	water

HELPFUL HINT

If poorly shaped loaves are experienced when making wholemeal breads, the addition of 1 T Gluten flour is recommended.

50% Wholemeal Bread

2 t	Surebake yeast
150 g	wholemeal flour
150 g	plain flour
1 t	salt
1 T	milk powder
1 T	treacle
1 T	butter
230 ml	water

Raisin Bread

2 t	Surebake yeast
300 g	white flour
$\frac{3}{4}$ c	raisins (small)
1 T	butter
2 t	cinnamon
1 T	milk powder
1 t	sugar
1 t	salt
230 ml	water

- Add the raisins after 45 minutes from the start.

100% Wholemeal Bread

2 t	Surebake yeast
300 g	wholemeal flour
1 T	treacle
1 T	milk powder
1 T	butter / margarine
1 t	salt
230 ml	water

Kibbled Wheat and Pumpkin Kernel Bread

1 $\frac{1}{2}$ t	Surebake yeast
250 g	white flour
50 g	wholemeal flour
1 T	butter
$\frac{1}{4}$ c	kibbled wheat
$\frac{1}{4}$ c	pumpkin kernels
1 T	honey
1 t	salt
230 ml	water

Mixed Grain Bread

2 t	Surebake yeast
150 g	white flour
150 g	wholemeal flour
1 T	milk powder
1 T	butter
1 t	sugar
1 t	salt
2 T	kibbled wheat
1 T	bran flakes
1 T	wheatgerm flakes
230 ml	water

Rye Bread

2 t	Surebake yeast
250 g	white flour
50 g	rye flour
1 t	sugar
1 T	milk powder
1 t	salt
1 T	butter
230 ml	water

Whole Wheat Yoghurt Bread

2 t	Surebake yeast
300 g	wholemeal flour
1 T	butter
1 T	milk powder
1 t	salt
2 T	sesame seeds
1 t	sugar
½ c	yoghurt
165 ml	water

Wholemeal Rolls

1 ½ t	Surebake yeast
250 g	white flour
50 g	wholemeal flour
1 t	sugar
1 T	milk powder
1 t	salt
1 T	butter / margarine
200 ml	water
1	beaten egg (to brush tops of rolls)
	poppy or sesame seeds to sprinkle on top

- Remove the bread pan from the Bread Bakery.
- Mount the kneading blade on the shaft.
- Place the yeast in the bread pan - best results are achieved if the yeast is added before the other ingredients.
- Add the flour and all dry ingredients
- Pour the water into the bread pan.
- Place the bread pan inside the Bread Bakery. Select dough.
- The beeper will sound when the dough is completed.
- Turn the dough out into a greased bowl. Cover. Let the dough rest for 20 minutes in the refrigerator.
- Divide into 9-12 even sized portions - shape into rolls (you may need to use floured hands) and place on a greased baking tray. Cover and leave to rise for 30-50 minutes (best rising temperature 30-35°C) or until almost doubled in size.
- Brush the tops with beaten egg, then sprinkle with poppy or sesame seeds.
- Bake at 200°C for 15-20 minutes or until golden brown.
- Remove from tray and cool on a wire rack.

Hot Cross Buns

2 t	Surebake Yeast
300 g	white flour
¼ t	salt
4 T	butter
½ c	sultanas
1 T	milk powder
2 T	brown sugar
1½ t	all spice or mixed spice
1	egg
1 T	grated orange rind
130 ml	water

- Place all ingredients, yeast first, into bread pan, select dough programme.
- When programme is complete, place dough in a greased bowl and cover. Rest for 20-30 minutes.
- Shape into 8 or 10 buns depending on the size required. Rest.
- Cover and allow to rise until doubled in size.
- Put on crosses.
- Bake 200°C for 10-15 minutes or until golden brown. Brush over the glaze.

Crosses

½ c	flour
2 T	oil
	water to mix

Glaze

3 T	milk
3 T	castor sugar

Crosses

Mix flour and oil then add water to make a stiff paste. Pipe into the shape of crosses.

Glaze

Boil together until syrupy - brush over cooked buns when they are removed from the oven.

Focaccia - Italian Savoury Flat Bread

1½ t	Surebake yeast
375 g	white flour
1 t	sugar
1 t	salt
1 T	milk powder
1 T	butter
250 ml	water

- Make dough using dough setting.
- Roll or pat the dough into a rectangle approximately 22 x 16cm.
- Dimple the top every 6cm by pressing your finger well into the dough.
- Cover and leave to rise in a warm place for 30-50 minutes. Best rising temperature 30-35°C.

Combine:

2 T	lite olive oil
½ t	salt - coarse sea salt, if available
1 t	dried basil
1 t	dried rosemary
1 t	dried thyme

- Brush the surface of the dough with the herbed oil.
- Bake at 200°C for 20-25 minutes, until golden brown.

Variations

- Add finely chopped bacon and onion to the herbs and olive oil and spread over bread, do not add salt.

or

- Add bacon and onion to the dough ingredients - make dough and then top with the herb mixture.

Brioche

1 T	Surebake yeast
280 g	white flour
2	eggs (size 7)
2 t	sugar
½ t	salt
80 g	butter
35 ml	milk (fresh)
1	beaten egg for brushing top of brioche

- Make the dough as in steps 1-7 Wholemeal Rolls.
- Let the dough rest in the refrigerator in a greased bowl for 20-30 minutes.
- Turn out onto a floured surface. With floured hands divide the dough into 12 balls, divide each ball into one large and one small ball.
- Place each large ball in a greased brioche or muffin cup. With floured fingers, make an indentation in each large ball. Place the small ball in each indentation.
- Cover and let rise for 30-40 minutes, or until almost doubled in size.
- Brush brioche with beaten egg. Bake at 200°C for 10-15 minutes, or until light golden brown.

Pizza Base

1 ½ T	Surebake yeast
300 g	white flour
½ t	salt
½ t	sugar
1 ½ T	olive oil
125 ml	water

Pizza ingredients, cheese, ham, mushrooms etc.

- Make the dough as in steps 1-7 Wholemeal Rolls.
- Let dough rest in the refrigerator in a greased bowl.
- Shape dough into a circle - for a single pizza or divide up and make individual sized pizzas.
- Let rest at room temperature for 10 minutes.
- Top the pizza base with your choice of fillings.
- Bake at 220°C for 15-20 minutes or until golden brown.

Index

	PAGE
White Bread.....	7
Spicy Cheese Bread.....	7
Whole Wheat Date and Nut Bread.....	7
50% Wholemeal Bread.....	8
100% Wholemeal Bread.....	8
Mixed Grain Bread.....	8
Raisin Bread.....	8
Kibbled Wheat and Pumpkin Kernel Bread.....	8
Rye Bread.....	8
Wholemeal Rolls.....	9
Whole Wheat Yoghurt Bread.....	9
Hot Cross Buns.....	10
Focaccia - Italian Savoury Flat Bread.....	10
Brioche.....	11
Pizza Base.....	11

Fisher & Paykel Limited,
 Panasonic Division,
 Private Bag,
 Panmure,
 Auckland,
 N.Z.